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DEPARTMENT OF THE INTERIOR

INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

FOR FOOD EDITORS

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FISH AND DAIRY PRODUCTS--FOR SUMMER EATING PLEASURE

Fishery products are now in seasonally heavy supply, according to the United States Department of the Interior. A great variety of delicious and highly nutritious fish and shellfish is now available to the consumer in all parts of the country.

Since "June is National Dairy Month," and dairy products are in bountiful supply, the home economists of the Department's Bureau of Commercial Fisheries have developed these special kitchen tested recipes, combining fish and dairy products, to help the housewife get the most out of her food dollar by taking advantage of items in heavy supply. For a real taste treat, serve fish and dairy products often during the summer months ahead.

HALIBUT IN SOUR CREAM SAUCE

2 pounds halibut steaks or fillets, fresh or frozen	$\frac{1}{2}$ cup onion rings
$\frac{1}{2}$ cup flour	$\frac{1}{3}$ cup butter or other fat, melted
$1\frac{1}{4}$ teaspoons salt	$\frac{1}{2}$ teaspoon crushed sweet basil
1 teaspoon paprika	1 cup sour cream
Dash pepper	1 tablespoon chopped parsley

Thaw frozen steaks. Cut into serving-size portions and roll in flour seasoned with salt, paprika, and pepper. Cook onion in butter until tender. Remove onion from pan and save. Place fish in pan. Fry at moderate heat. When fish is brown on one side, turn carefully and brown the other side. Cooking time approximately 10 minutes, depending on thickness of fish. Cover top with onions, sweet basil, and sour cream. Cover and simmer for 5 minutes or until fish flakes easily when tested with a fork. Garnish with parsley. Serves 6.

CREAM OF CRAB SOUP

1 pound crab meat	3 tablespoons flour
1 chicken bouillon cube	$\frac{1}{4}$ teaspoon celery salt
1 cup boiling water	1 teaspoon salt
$\frac{1}{4}$ cup chopped onion	Dash pepper
$\frac{1}{4}$ cup butter or other fat, melted	1 quart milk
Chopped parsley	

Remove any shell or cartilage from crab meat. Dissolve bouillon cube in water. Cook onion in butter until tender. Blend in flour and seasonings. Add milk and bouillon gradually; cook until thick, stirring constantly. Add crab meat; heat. Garnish with parsley sprinkled over the top. Serves 6.

TUNA AND RICE

2 cans ($6\frac{1}{2}$ or 7 ounces each) tuna	$\frac{3}{4}$ cup grated cheese
2 tablespoons chopped onion	3 cups cooked rice
2 tablespoons butter or other fat, melted	Cheese sauce
2 tablespoons flour	Paprika
$1\frac{1}{2}$ cups milk	Chopped parsley

Drain tuna. Break into large pieces. Cook onion in butter until tender. Blend in flour. Add milk gradually and cook until thick, stirring constantly. Add cheese and heat until cheese melts. Stir in tuna; heat. Serve over rice. Top with cheese sauce. Garnish with paprika and parsley sprinkled over the top. Serves 6.

CHEESE SAUCE

2 cups grated cheese	6 drops tabasco
$\frac{1}{3}$ cup milk	$\frac{1}{4}$ teaspoon prepared mustard

Melt cheese over hot water. Add milk gradually, stirring constantly until sauce is smooth. Add tabasco and mustard; blend well. Serves 6.

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